Seascooter Programme Teaching Manual

Produced and published by the STA:

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Teaching Programme Completion Declaration

TO BE RETURNED TO ANCHOR HOUSE WITH COURSE PAPERWORK

STA Seascooter Teaching Course Unit – Programme Details	
Candidates Name	
Membership Number	
Course Venue	
Course Date	
Course Tutor (1)	
Course Tutor (2)	

Pre-requisite Qualifications	
Teachers Qualification – Please ✓	
STA Swimming Teacher ☐	**NaRS T/E ☐**
Equivalent ☐ Please provide details:	
Date Awarded:	**Expiry Date:**

Details of Pool Rescue Award – Please ✓		
NaRS Pool Lifeguard ☐	**NaRS Pool Attendant ☐**	**NaRS Poolside Helper ☐**
NaRS Pool Safety Award ☐		
Equivalent ☐ Please provide details:		
Date Awarded:	**Expiry Date:**	

STA Seascooter Teaching Programme – Completion Declaration	
I confirm that the above named teacher has completed the STA Seascooter Teaching Programme	
Signed by the Tutor:	
Signed by the Candidate:	
Date:	

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Teaching Programme Completion Declaration

STA Seascooter Teaching Course Unit – Programme Details	
Candidates Name	
Membership Number	
Course Venue	
Course Date	
Course Tutor (1)	
Course Tutor (2)	

Pre-requisite Qualifications	
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STA Swimming Teacher ☐	**NaRS T/E ☐**
Equivalent ☐ Please provide details:	
Date Awarded:	**Expiry Date:**

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NaRS Pool Lifeguard ☐	**NaRS Pool Attendant ☐**	**NaRS Poolside Helper ☐**
NaRS Pool Safety Award ☐		
Equivalent ☐ Please provide details:		
Date Awarded:	**Expiry Date:**	

STA Seascooter Teaching Programme – Completion Declaration	
I confirm that the above named teacher has completed the STA Seascooter Teaching Programme	
Signed by the Tutor:	
Signed by the Candidate:	
Date:	

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1. The STA Seascooter Programme

Acknowledgements

The STA wishes to thank the following individuals for their help in the production of this programme:

- John Camm

Introduction

The STA Seascooter Programme is a series of 3 progressive awards, (Levels 1, 2 and 3) which are designed to introduce skills and techniques required for safe and enjoyable use of the Seascooter range in a pool environment.

The STA recommends that if students wish to progress to Seascooter in open water, they must receive appropriate training and qualifications, from a scuba diving association such as the Professional Association of Diving Instructors (www.padi.com) or the British Sub Aqua Club (www.bsac.com).

Prerequisites

All participants must be over 8 years of age and competent swimmers.

Competent Swimmers are defined as:
Level 1 – Swimmers who are able to:

1. Swim unaided for at least 25m.
2. Tread water for 30 seconds.
3. Able to wear swimming goggles.

Level 2 –: In addition to the skills above swimmers who:

1. Hold Pool Snorkelling Level 1.
2. Hold discover Seascooter Level 1 Certificate.

Level 3 – in addition to the skills above swimmers who :

1. Hold Pool Snorkelling Level 2.
2. Hold Aquajet Racer Course.

Physical Activity Readiness Questionnaire (PAR-Q)

The Physical Activity Readiness Questionnaire (PAR-Q) is designed to identify the small number of people for whom physical activity might be inappropriate and those who should seek medical advice before commencing such activity. It is mandatory for candidates attending all NaRS and Manual Handling courses including Teacher/Examiner or Tutors courses.

The PAR-Q **SHOULD** be given to candidates **PRIOR** to them attending any course and returned to the Tutor/Teacher for review. If this is not possible it **MUST** be completed by the candidate **PRIOR** to them commencing any type of physical activity and reviewed by the Tutor/Teacher. If students are under 16 years of age, they must have their parent/legal guardian complete the STA Junior PAR-Q and have their parent/legal guardian sign it.

The form has a series of simple questions with either a 'Yes' or 'No' answer. Candidates must be encouraged to answer all questions honestly, however if they answer 'Yes' to any question the Tutor/Teacher should refer to the PAR-Q Tutors Guidelines for what actions to take. This may involve referring them to their Doctor before they are allowed to commence the course. To assist with this there is a PAR-Q Doctor's Letter available as a download from www.sta.co.uk ; this is completed by the Tutor/Teacher and given to the candidate to take to his/her Doctor. Only if the Doctor's consent has been given can the candidate be allowed to commence the course.

If a candidate does not wish to complete the form, then it must be explained to him/her, that he/she will not be allowed to participate on the course. If you allow a candidate to participate on a course, then the STA will not be held liable in the event of any injury or accident. **If the candidate still refuses to complete the form and you permit them to participate on the course, you will not be insured by the STA in respect of any claim made by, or relating to the candidate**.

Once completed the form and Doctors letters, and any information disclosed on it, **MUST** be treated with confidence.

You can find the above mentioned forms on pages 26 to 31.

Pool Seascooter Sessions

Level 1 Award - Discover Seascooter
This is an introduction to Seascooter, equipment, and its use. A minimum of 1 hour contact time is recommended before students are eligible to undertake the Level 1 award and progress to Level 2.

A variety of different Seascooter games (depending on student ability) are recommended to develop confidence and add an element of fun to the sessions. Some suggested games are Bulldog, Hoop races, Egg & Spoon race, etc.

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Level 2 Award - Aquajet Racer
This level reinforces the skills taught in the previous award, developing and introducing new skills. A minimum of 8 hours contact time is recommended before students are eligible to undertake the Level 2 award and progress to Level 3.

Level 3 Award - Seascooter Aquabatics
This advanced level reinforces the skills taught in the previous awards, developing skills and introducing Seascooter with a Partner. A minimum of 10 hours contact time is recommended before students are eligible to undertake the Level 3 award.

Awards

Students who successfully demonstrate competence in all the assessment criteria and achieve the prescribed learning outcomes will be eligible for the appropriate Seascooter Award (Levels 1-3). These are available for purchase in advance from the STA.

Note: Skills check sheets on pages 23 to 25 can be photocopied (and laminated) as an aid memoir for poolside.

Pool Supervision

The teacher is responsible for the safety of the students and should be satisfied that there is adequate and competent lifesaving cover available; this could be the teacher provided that he/she is properly trained and has assessed the risks. If the teacher is in the water with the students STA recommend separate lifesaving cover on poolside.

Safety

Teachers are responsible for the safety and welfare of those in their care and must ensure that all steps are taken to prevent injury. It is important to ensure equipment that student's bring with them is safe and suitable for pool use.

All participants (and their parent/guardian), **must** be warned of the risks associated with increased pressure on the ear drums when surface diving to depths greater than 1.5 metres. All participants **must** be taught how to equalise their ears **before** submersions below this depth are allowed.

Students suffering from any infections/illnesses that block the sinuses **must not** participate in submersion activities.

Pool Clothing

If you are in the water demonstrating skills, then you must wear appropriate clothing. Due to the skills required to be taught on this course, a t-shirt is not suitable to wear in the water. A suitable alternative is an item such as a rash vest.

Teacher to Student Ratio

A maximum ratio of one qualified STA Seascooter Programme Teacher to 16 students is recommended.

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2. STA Seascooter Awards Criteria

Seascooter Level 1 Award		
Teaching Objectives	**Learning Outcomes**	**Assessment Standards**
Introduce: • Pool rules and regulations. • Hygiene. • Water safety. • Preparation and use of equipment. • Correct and safe entries and exits. • Spatial awareness. • Swimming techniques. • Playing games.	1. Show the correct use of Seascooter controls-stopping and starting.	Under guidance turn the Seascooter on. From standing, correctly position hands on triggers. Move forward in correct body position for 5m and come to a stop.
	2. Perform a right and left turn.	Travel forward for 5m, steer right, maintain the course for 5m, steer left, maintain the course for 5m and stop.
	3. Perform a complete and full circle.	Navigate a 5m diameter circle on or near the surface. Options: Place a floating mat, sinking markers or submersible hoops to mark the course.
	4. Navigate a figure of ‘8’ course.	Steer a horizontal figure of ‘8’ on or near the surface, incorporating right and left hand turns with a cross over in the middle. Options: Place floating mats, sinking markers or submersible hoops to mark the course.
	5. Participate in a Seascooter game.	Suggested activities: Individual and team races, time trials, slalom, bulldog or similar.(See page 21)

Seascooter Level 2 Award		
Teaching Objectives	**Learning Outcomes**	**Assessment Standards**
Reinforce: • Hygiene • Pool Rules and regulations. • Water safety. • Spatial awareness. **Introduce:** • Clearing a mask. • Equalisation Techniques. • Breathe holding & relaxation techniques. • Ascending safely. • Surface diving techniques. • Negotiate obstacles. **Develop:** • Preparation and fitting of equipment. • Swimming techniques. • Playing games.	1. Show the correct use and control of a Seascooter.	Steer a figure of eight, on or near the surface to show left and right hand turns with ability to stop.
	2. Perform a surface dive through a hoop.	Suggested minimum depth of 1.2m. Travel forward for 5m, submerge, clearly pass through hoop, ascend to the surface and continue forward for 2m.
	3. Navigate a slalom course.	Minimum of 4 markers to layout slalom course with a minimum of 3m between markers. Options: incorporating going through hoops or round markers.
	4. Participate in an individual Seascooter game.	See Games/Races/Aquabatics section for suggestions. (See page 21)
	5. Participate in a team Seascooter game.	See Games/Races/Aquabatics section for suggestions. (See page 21)

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Seascooter Level 3 Award		
Teaching Objectives	**Learning Outcomes**	**Assessment Standards**
Reinforce: • Skills learnt in previous awards. **Introduce**: • Working with a Partner. **Develop**: • Breathing techniques. • Swimming techniques. • Communication. • Playing games.	1. Show the correct use and control of a Seascooter.	Horizontal figure of eight to include two full submersions.
	2. Perform a Barrel Roll.	While fully submerged travel forwards for 10m performing a corkscrew action through the water in a horizontal plane.
	3. Perform a Front somersault.	Depending on the water depth this can be performed in a horizontal or vertical plane. With the body in a pike or semi-pike position complete a 360 degree circle returning to the start position.
	4. Perform a Back somersault.	Depending on the water depth this can be performed in a horizontal or vertical plane. With the body in a backward arched position complete a 360 degree circle returning to the start position.
	5. Perform a figure of '8'.	In a horizontal plane perform a piked half front somersault, turning into an arched full back somersault, followed by a piked half front somersault.
	6. Perform a freestyle routine.	A continuous routine to be performed in a vertical or horizontal plane depending on water depth; for a minimum of 1min and to include at least 3 elements from skills within the syllabus.
	7. Perform a synchronised routine with a partner.	With a partner perform a continuous routine in a vertical or horizontal plane depending on water depth; for a minimum of 2mins incorporating a minimum of 3 elements.

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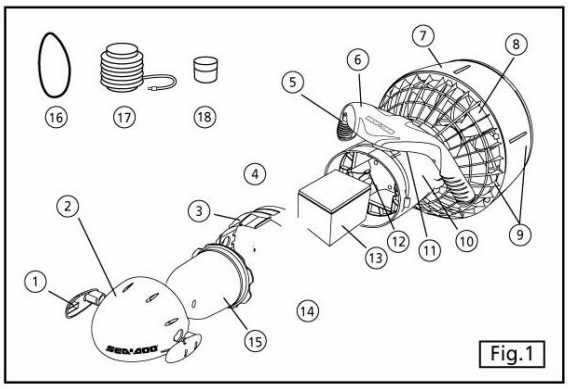
3. Equipment

Equipment



SEA-DOO® SEASCOOTER™ GTI Parts Diagram

1) Latch
2) Nose Cone
3) Inner Nose Cone
4) Vent Plug
5) Trigger
6) Handle
7) Nozzle
8) Propeller
9) Protective Grilles
10) Battery Housing
11) Master Switch
12) Battery Leads
13) Battery
14) Vent Hole
15) Buoyancy Control Chamber
16) Silicone Ring
17) Pump
18) Lubricant

WARNING

- Read the User Manual carefully.
- Never remove the grilles except for maintenance.
- Never stick body parts, clothing or other objects in the vicinity of the Propeller. Do not wear loose or flowing clothing or equipment that could be drawn into the Propeller.
- Particular care should be exercised when using the SEA-DOO® SEASCOOTER™ GTI near anybody with long hair. Users with long hair should tie it up or wear a swimming cap when using the SEA-DOO®SEASCOOTER™ GTI.
- Always inspect the swimming area to ensure it is free of hazards or obstacles such as boats and swimmers before using the SEADOO® SEASCOOTER™ GTI.
- Always charge battery to its fullest before using the SEA-DOO® SEASCOOTER™ GTI. Ensure sufficient battery charge remains for return to shore or surface.
- Always wear a coast guard approved personal flotation device when using the SEA-DOO® SEASCOOTER™ GTI.
- Be aware of appropriate water levels, tidal changes, dangerous currents, weather changes and strong offshore winds. Always scout unfamiliar water.
- Do not use alcohol or mind-altering drugs prior to using this product.
- ALWAYS keep the SEA-DOO®SEASCOOTER™ GTI out of direct sunlight when not in use. HEAT KILLS BATTERIES.
- When using the SEA-DOO®SEASCOOTER™ GTI for SCUBA, ascents and descents should be made in accordance with recognized diving practices.
- The SEA-DOO® SEASCOOTER™ GTI should only be used for SCUBA by qualified divers.
- Always follow this age recommendation: a child under 16 years old should never operate this SEA-DOO® SEASCOOTER™ GTI in the sea.
- Never open the Cover of the SEA-DOO® SEASCOOTER™ GTI in the water.
- When not in use, always turn the Master Switch to the off position.
- Do not use the SEA-DOO® SEASCOOTER™ GTI below the recommended maximum depth of 30m/100ft.

Getting Started

When you use the SEA-DOO® SEASCOOTER™ GTI for the first time, the battery needs to be charged. Follow the instructions in "Battery Use", for charging and connection.

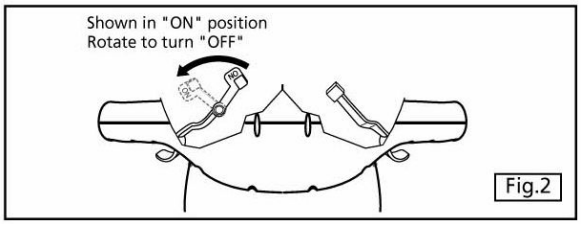
Your SEA-DOO® SEASCOOTER™ GTI can be used for swimming, snorkelling and diving up to 30m/100 ft. but will need to be adjusted for neutral buoyancy.

The SEA-DOO® SEASCOOTER™ GTI should be kept positively buoyant – this is done by

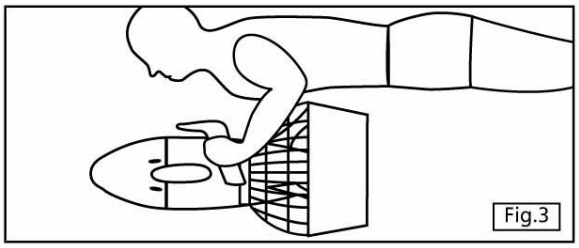
simply making sure the Buoyancy Chamber is empty and fitted inside the Nose Cone.

Using the SEA-DOO® SEASCOOTER™ GTI for Swimming and Snorkelling

1. Charge the battery – make sure that when you finish the Vent Plug is closed.
2. Place the SEA-DOO® SEASCOOTER™GTI into the water so the Handle, Outer Nose Cone and Nozzle are filled with water.
3. When ready, switch the Master Switch to the ON position (see Fig.2).



4. Pull and hold Triggers to start the Propeller. (There is a short delay before the Propeller begins to rotate).
5. To stop the Propeller, simply release the trigger.
6. Always turn the Master Switch OFF when out of the water.
7. Maintain proper posture as shown below when using the SEA-DOO® SEASCOOTER™ GTI to achieve the maximum speed (See Fig.3).



CAUTION

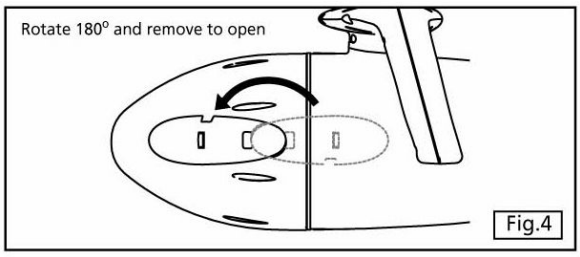
Do not dive deeper than you would normally when snorkeling, to ensure you can get back to the surface safely.

Battery Use

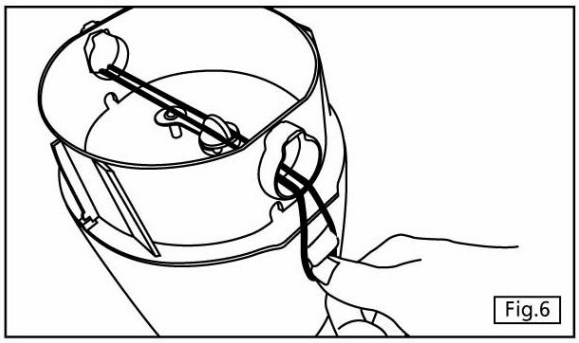
Charging the Battery

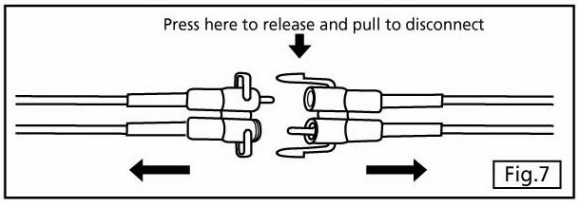
For battery charging follow these instructions:

1. Always ensure that the Master Switch is OFF (See Fig.2).
2. .Always ensure that the SEA-DOO® SEASCOOTER™ GTI is out of the water and placed in a dry area.
3. Give a half turn to the Latches and remove them from the Nose Cone as shown in Fig.4.

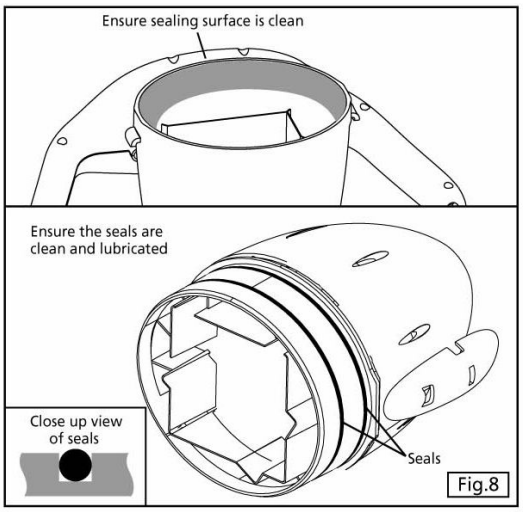


4. Remove the Outer Nose Cone and Buoyancy Control Chamber.
5. Open the Vent by unscrewing the Vent Plug.
6. Remove the Inner Nose Cone. To do this, first feed the silicone ring (provided with this manual) through the latch holes in the Inner Nose Cone and hook over the hooks on the Battery Housing (See Fig.6). Then screw the Pump Nozzle onto the Vent Hole and pump air into the Battery Chamber until the Inner Nose Cone pops off and then remove the silicone ring.
7. Allow two minutes for any gasses to dissipate.
8. Disconnect the battery cable from the housing cable by pressing the locking feature (See Fig.7). (The battery cable is disconnected when you first buy your SEA-DOO® SEASCOOTER™ GTI

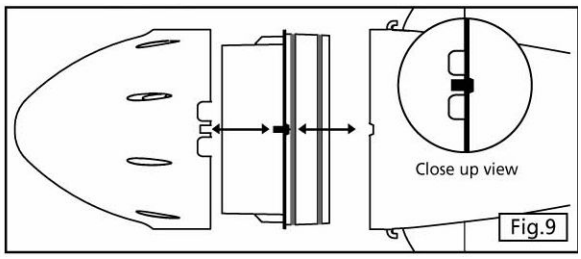


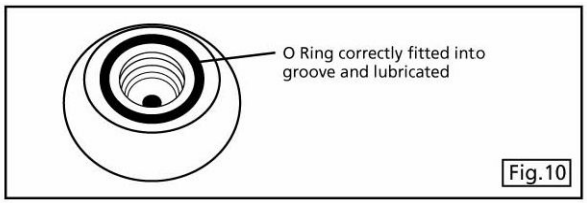


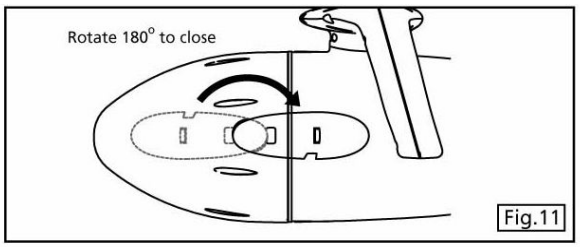
9. Connect the battery cable to the charger cable.
10. Plug charger into mains, and turn on the supply. Do not replace the Nose Cone.
11. Charging will take 4 to 6 hours for a fully discharged battery. When the battery is charging the LED charger remains on, when the battery is charged the LED flashes.
12. Unplug the adapter from the mains.
13. Unplug the battery cable from the charger cable and reconnect to the housing cable.
14. Make sure the seals and sealing surfaces are clean and lubricated before replacing the Inner Nose Cone (See Fig.8).



15. Replace the Inner Nose Cone making sure the key is aligned correctly (See Fig 9).
16. Ensure the Vent O Ring is clean, lightly greased and fitted correctly (See Fig.10).
17. Screw in the Vent Plug to seal the vent.
18. Replace the Buoyancy Control Chamber.
19. Replace the Outer Nose Cone making sure the key is aligned correctly and insert the Latches and lock the Nose Cone by giving them a half turn (See Fig.11).







Note: To charge a battery outside of the unit, simply connect to the charger, then plug the charging adapter into the mains. When the battery is charged, unplug the adapter first then battery.

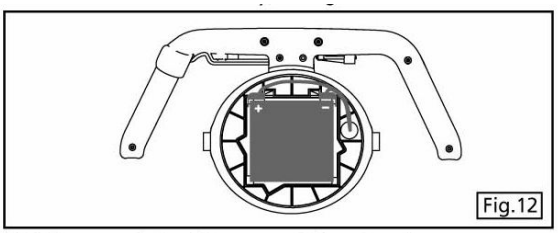
Re-charging the Battery

Follow steps 1 to 6 in “Battery Use” section to open the SEADOO® SEASCOOTER™ GTI.

1. The unit must be dried before it is disassembled.
2. The charger should be placed on a dry horizontal surface when charging the battery.
3. The battery charger operates at 230 volts and should never be handled with wet hands.
4. Once charged, store the battery in a horizontal position in a dry place ready to be used again.
5. If the Seascooter is not in constant use then re-charge the battery every three months.
6. Using a timer to time the charge cycle of the batteries will prolong the batteries working life.
7. Please see Care and Maintenance Section.

To replace a Flat Battery with a Fully Charged Battery

1. Follow steps 1 to 6 in "Battery Use" section, to open the SEADOO® SEASCOOTER™ GTI.
2. Unplug the battery at the socket by pressing the locking feature shown in Fig.7.
3. Remove the flat battery.
4. Install and connect the charged battery in the correct position - the leads of the battery must be oriented as shown on the sticker on the battery (See Fig.12).



5. Follow steps 14 to 19 in "Battery Use", to close the SEA-DOO® SEASCOOTER™ GTI.

Buying Parts

Additional batteries can be purchased separately. Contact your dealer to purchase them.

Care and Maintenance

Battery Care

- The battery should be recharged as soon as possible after use.
- If the unit is not used for extended periods, the battery should be removed from the unit and charged overnight every three months.
- Only use the charger supplied with the SEADOO® SEASCOOTER™ GTI.
- Never place the battery in a sealed container when charging.

- Never short circuit the battery or battery cable.
- Never place/store the battery near a radiator/fire, etc.
- To store the battery, remove it from the SEADOO® SEASCOOTER™ GTI or separate it from charger, insulate the battery terminals and keep in a place that is dry and cool.
- Ambient temperature for storage should be within the range -20˚C to 40˚C (-4˚F to 104˚F).

Care after Using the SEADOO® SEASCOOTER™ GT

- Always rinse the SEADOO® SEASCOOTER™ GTI in fresh water immediately and allow it to dry before storage.
- To clean the SEADOO® SEASCOOTER™ GTI do not use detergents, only use a damp cloth to wipe the unit clean.
- The Battery Housing interior should be kept dry at all times.
- If the Battery Housing interior ever gets wet.(See Accidental Flooding Section).
- When storing the SEADOO® SEASCOOTER™ GTI for extended periods of time, open the Vent Plug in the Inner Nose Cone.
- Always store your SEADOO® SEASCOOTER™ GTI vertically in a dry room when not in use to prevent deformation of the Propeller Nozzle.
- Prolonged periods of horizontal storage will distort the propeller housing. This can cause the propeller to foul against the housing and stop it from turning.

Do not keep the SEADOO® Seascooter™ GTI in its bag when wet with the battery charging unit.

THIS WILL CAUSE IRREPARABLE DAMAGE TO THE BATTERY CHARGER

Trouble Shooting

Unit Does Not Function

If the motor does not start when both triggers are pressed, make sure:

1. The battery is properly connected.
2. The battery is fully charged (See Charging The Battery Section).
3. The mater switch is in the “On” position (See Fig 2).
4. There is no water in the battery compartment (See Accidental Flooding Section).

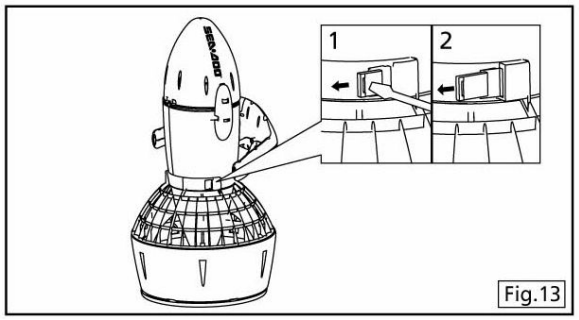
Blocked Propeller

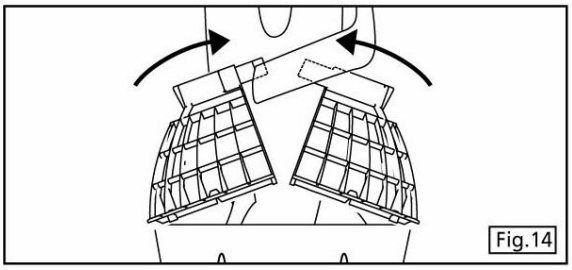
If the Propeller becomes blocked first try and remove the obstruction by removing the front Grille. If this is not possible the back Grille and Propeller can be removed.

Under normal use the Grilles must not be removed.

Removing the front Grille to remove an obstruction:

1. Remove the SEADOO® SEASCOOTER™ GTI from the water.
2. Make sure the master switch is in the OFF position.
3. Insert a screw driver as shown in Fig 13 to remove the two Grille pins.
4. Unclip Grille as shown in Fig 14.
5. Remove obstruction.
6. Reassemble Grille and insert clips.

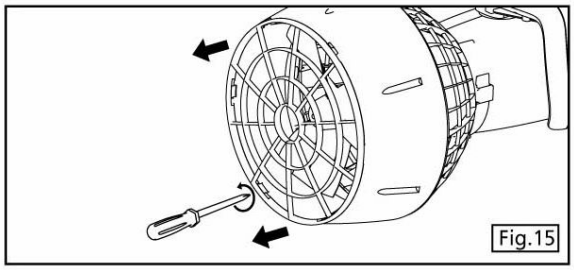




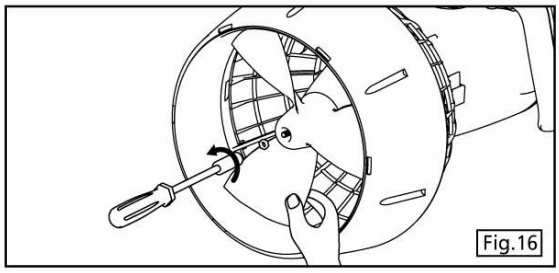
Removing rear Grille and Propeller to remove obstruction:

Remove the SEADOO® SEASCOOTER™ GTI from the water.

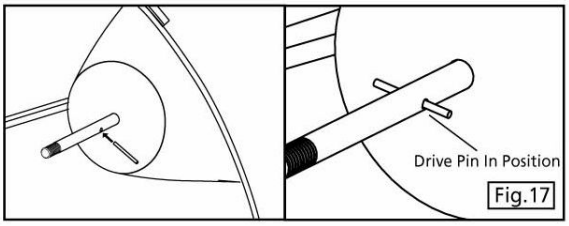
1. Make sure the master switch is off.
2. Remove the battery.
3. Unscrew the six rear Grille screws as shown in Fig 15.



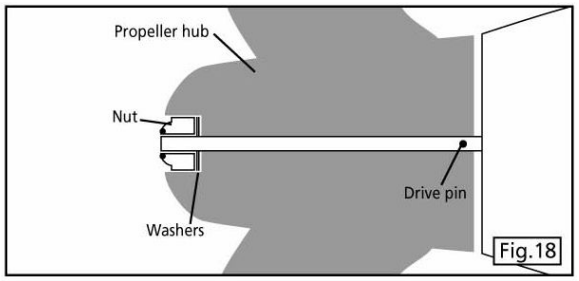
4. Whilst holding the Propeller, use an M6 socket to remove the nut from the Propeller shaft (See Fig 16).



5. Slide the Propeller off the shaft, taking care not to loose the drive pin or washers.
6. Remove the blockage from the Propeller.
7. Replace the drive pin (if removed), see Fig 17, and Propeller. Turn the Propeller slowly until you locate the pin and push the Propeller fully on.



8. Replace the washer(s) and nut and tighten with the socket whilst holding the Propeller making sure it is securely fastened (See Fig 18).
9. Replace the Grille.
10. Replace the Battery.



Sand or Grit in Seals

Sand or grit is the enemy of seals. Correct maintenance and care is essential. To remove sand or grit from the seals, rinse the seals in fresh water and apply fresh lubricant. If there is sand inside the Battery Housing, gently brush the sand from the unit taking care not to scratch the sealing surfaces.

SEADOO® SEASCOOTER™ GTI Cuts Out

To protect the electronic circuit of your SEADOO® SEASCOOTER™ GTI from damage a safety mechanism has been built in that cuts the power if a wall or rock or other immovable object is hit. If this occurs simply wait for a short period to allow the SEADOO® SEASCOOTER™ GTI to reset itself and resume use.

Accidental Flooding

Be sure to keep the seals sand and grit free to ensure they keep water out and to close the vent plug after accessing the battery chamber. However, should the seals not be clean or the vent plug left open and water enter the battery chamber, your SEADOO® SEASCOOTER™ GTI will not be damaged as it is designed for protection against accidental flooding. If water enters the battery chamber the SEADOO® SEASCOOTER™ GTI will automatically stop functioning.

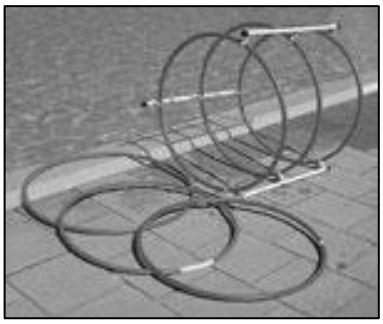
If this occurs:

1. Remove the unit from the water.
2. Open the battery chamber, remove the battery and if salt water has entered rinse it out with fresh water.
3. Dry the battery chamber and battery thoroughly and reassemble, ready for use.

4. Support Equipment Requirements

Minimum Requirements

- Mask – One per student.
- Snorkel – One per student.
- Fins – One pair per student.
- Weighted hoops for swimming through.



- Objects to pick up from pool floor.

Note: Hoops and submersible objects are available through www.staswimshop.com

Masks

Masks are designed to create an airspace which allows the eyes to focus underwater. As there is an airspace, they also need to enclose your nose to allow you to equalise the pressure in the mask, which may be felt during submersions.

Masks come in a wide variety of sizes, colours and styles and vary from single to double panel lenses. **You must however, ensure that all masks used have a tempered glass lens plate(s).** If these are broken, the glass is less likely to shatter into hazardous slivers.

Most new masks are coated with a protective film that you will need to remove; otherwise you will not be able to defog it. To remove the film clean the lens with a soft cloth and tooth paste (non-gel) or a similar low abrasive cleaner.

Warning: The above only applies to standard tempered glass masks, not to non-fog or prescription masks. Before scrubbing any diving mask, read the printed material that accompanies it. Anti-fog and some prescription masks can have plastic inserts which may be severely damaged by even mildly abrasive substances like toothpaste. These masks will usually be supplied with their own cleaner/defogger solutions.

Fitting a Mask

To test if a mask fits correctly, place it against the face and breathe in through the nose. The vacuum created in the mask should hold it against the face when the hands are taken away. If the mask does not stay in place repeat the process with other masks until a suitable one is found.

Snorkels

Snorkels are for breathing air from above the water surface when the user's mouth and nose are submerged. They come in a variety of colours and styles, usually with an attachment to secure them to the mask strap.

Snorkels should be chosen based on comfort and appropriate fit for the size of the individual's mouth, and for minimal breathing resistance. The snorkel should not rub the lips or gums and cause the jaw to become tired. You should be

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able to relax your jaw without losing the mouthpiece.

The snorkel should always be fitted onto the left side of the mask. (If students progress from snorkelling to scuba diving then this fitting method prevents the snorkel from interfering with the regulator), using a clip or snorkel keeper.

Adjust it, so the top of the snorkel sits at the crown of the head, with the mouthpiece in place.

A good snorkel should:
- Have a large bore – so it's not like breathing through a straw.
- Not be too long – it is harder to clear and you will be re-breathing a lot of expired air. 43cm/17 inches is a suitable length.
- Be designed with smooth, rounded bends – sharp bends add breathing resistance.
- Contour to the shape of the head – this will help minimise drag in the water.

Many modern snorkels also have additional features:
- A self draining feature – making it easier to clear water from a snorkel.
- A flexible lower portion – this allows the mouthpiece to drop away from the mouth when not required.
- A splash guard – to keep the snorkel dry.

Warning: Snorkels create a "dead air space", during use some of the previously exhaled air remains in the snorkel and is recycled into the lungs. This reduces the breathing efficiency and may cause carbon dioxide (CO_2) retention; at high levels this can cause shortness of breath, headache, confusion and possible drowning.

Fins

Fins come in a variety of different shapes, features and colours, but they all have pockets for the feet and blades for propulsion. They provide a large surface area to allow a person to use their leg muscle to propel them through the water.

Modern fins come in two basic styles:

Full foot – these enclose the heel and fit like a rubber shoe. When fitting these they should feel comfortable, but not loose.

Adjustable strap – these are required to be worn with neoprene footwear. They have an open heel and an adjustable strap to secure them in place.

Cleaning and Hygiene

Following each session it is the teacher's responsibility to ensure that all Seascooters, masks, fins and snorkels are thoroughly rinsed and sanitised with fresh water in accordance with manufacturer's recommendations (See Care and Maintenance).

Equipment Safety

It is the teacher's or lifeguard's responsibility to ensure that all equipment is safe to use prior to each session. This includes checking mask straps and lens plates, snorkel mouthpieces and fin pockets/ straps and buckles prior to each session.

The serviceability of SEADOO® SEASCOOTER™ GTI equipment is a must to ensure safety of both the user and the. SEADOO® SEASCOOTER™ GTI

Operations & Use

Seascooter must only be used by children under 16 years of age, whilst under the direct supervision of a Qualified Swimming Teacher or Lifeguard.

The following rules must be adhered to:
- The Seascooters weight is up to 15 kilos and should be carried to the Swimming Pool area by the supervising adult and carefully placed into the water ready for use.
- Never allow the unit to slam into the pool whilst holding the nose cone.
- All riders must wear conventional swim wear, with no loose clothing.
- All long hair must be tied back or swimming hats worn.
- No necklaces or jewellery to be worn.
- All waist belts or ties must be on the inside of any trunks or shorts.
- No persons can operate a Seascooter whilst chewing gum.
- Both hands must be on the controls at all times.
- The Riders arms must be extended and the Seascooter Propeller must be in front of the rider at all times.

The Swimming Teacher / Lifeguard must ensure the following:

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- All riders must travel in the same direction around the swimming pool.
- Riders do not crash into the swimming pool sides.
- Riders do not crash into one another.

Propeller Obstruction

Cords caught around the Propeller will severely affect the Seascooters overall performance and if left will burn out the motor in minutes. This is an expensive repair and is not covered under warrantee.

Removal of Seascooter from the Swimming Pool

They must be carried out by the supervising Swimming Teacher or Lifeguard and the units be carried back to the storeroom for recharging.

Any faulty units must be returned to Alpha Distribution immediately. The quicker the units are sent the cheaper the service charge will be. Water left inside the unit will corrode the working parts very quickly.

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5. Skills and Techniques

'Anti-Fogging' of the Mask

You can purchase a commercially prepared defogging solution from any scuba diving retailer. Squeeze a drop or two onto the inside lens of the mask and gently rub the solution around to cover the inside completely.

Dip the mask briefly into water, swirl the water around the inside of the mask very quickly and empty the water from it.

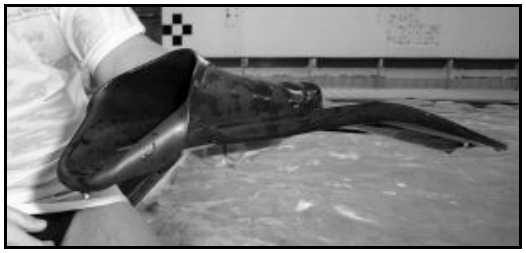
Alternatively use a natural defogging solution, your saliva. Your saliva will prevent your mask from fogging just as well as any commercial defogging solution. The enzymes in your saliva stick to the lens of your mask like a commercial solution.

Correct Fitting of the Mask and Positioning of the Strap

- Fold the strap over the front of the mask so that it is out of the way.

- Hold the mask against your face.
- Pull the strap over your head and position it at the widest section of your head, which is at the top of the back of your head.
- Ensure that the skirt is not folded or creased. Your partner can do this for you.
- Make sure it fits comfortably around your eyes and nose.

Fitting the Fins



For full foot fins, prepare them by folding the back of the fin underneath itself.

Then, either sit down and put your foot in your lap or if standing up, place a hand on your partners shoulder and have them do the same to you.

Put your foot in the fin, then either roll up the rear lip over your heal, for the full foot fin, or pull the strap up and snap it into place for the strapped model.

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Clearing a Fogged Mask at the Surface

- Let a little bit of water into the mask by pulling the corners of the bottom of the skirt away from your face.
- Re-seal the mask on your face, then look down so the lens surface is horizontal and swish the water around to rinse away the fog.
- Pull the skirt out again to let the water out, while looking upwards.

Equalising the Ears

When submerging under water, pressure is placed between the middle and outer ear.

The process of "clearing ears" or equalising pressure between the middle and outer ear is a very important skill.

The most popular and widely used technique is called the **Valsalva Maneuver.**

To perform this, you close your mouth, pinch your nostrils closed with your thumb and forefinger and gently blow through your nose.

Safety Notes

- If you blow too hard it is possible to rupture your ear drum.
- If you feel pain, you have already descended too far. Stop and ascend.
- Equalise early and often.

Other methods which can be used are:

- Pinch the nose and swallow.
- Swallow and wiggle the jaw.
- A combination of all the techniques.

Skills

Right turn-Travel forward for 5m and steer right.

Left turn-Travel forward left for 5m and steer left.

Complete full circle-Navigate a full circle on or near the surface.

Figure of '8'-Steer a horizontal figure of '8' on or near the surface, incorporating left and right hand turns with a cross over in the middle.

Surface dive-Travel forward 5m from the poolside**.**

Barrel roll-While fully submerged travel 10m performing a lateral roll on longitudinal axes action through the water.

Spiral roll-Travel forward whilst rotating on your longitudinal axes perform a 3 dimensional corkscrew action through the water

Front somersault-Depending on the water depth, this can be performed in a horizontal or vertical plane

Back somersault-Depending on the water depth, this can be performed in a horizontal or vertical plane

Rocket-Streamlined body position turning left and right**-**travel through the water with the body stretched out.

Inverted rocket-Streamlined-Inverted body position-travel through the water with the head facing the bottom of the pool.

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Games

Underwater Football
- Teams of five compete against each other by pushing around a weighted football.
- They have to score in opposition's net.
- No hands, scooter only.

Bulldog
- Everyone has a Seascooter.
- One person starts in the middle of the pool as a dog and has to catch people while they try to get from one side of the pool to the other.
- When a person is caught, they also become a dog.
- Play until last person standing, who's the winner.

Relay
- Teams of two, four or six people.
- Designated markers are placed underwater at each end of the pool 2m away from the wall.
- Team members take up a position at either end of the pool.
- Each person in the team has to complete a length of the pool.
- Once they have passed the designated marker the next team member follows on.
- The first team to complete all lengths is the winner.

Tag
- One swimmer will be named 'Tag' to start the game.
- They then have to catch a person who will become the 'Tag' who has to catch another person.
- Continue the game in this manner for as long as you choose.

Races

All races can be individual or team events. The distance of these events must be achievable by the weakest swimmer.

Straight Race
Simple Race can be done lengths or widths.

Hoop Race
Race down the pool and back, negotiating Hoops mounted on the surface.

Hoop Race Bottom
Race down the pool and back, negotiating Hoops mounted on the bottom.

Mixed Hoop Race
Race down the pool and back, negotiating Hoops mounted on the bottom and at the surface.

Slalom Race
Race down the pool and back, negotiating Slalom's.

Slalom & Hoop Race
Race down the pool and back, negotiating Slaloms and Hoops.

Egg & Spoon Race
- Race down the pool and back, while balancing a small weighted object (egg) on the front of the Seascooter.
- Hoop race down the pool and back, while balancing a small weighted object (Egg) on the front of the Seascooter.
- Hoop race down the pool and back, while balancing a small weighted object (Egg) on the front of the Seascooter.

Advanced Hoop Race
Race down the pool and back, negotiating Hoops mounted on the bottom and at the surface. A challenge is also undertaken on each hoop for example, a back somersault.

Advanced Slalom Race
Race down the pool and back, while negotiating Slalom's. A challenge is also undertaken at each slalom, for example, a back somersault.

Advanced Slalom & Hoop Race
Race down the pool and back, negotiating Hoops & Slaloms mounted on the bottom and at the surface. A challenge is also undertaken on each hoop for example, a back somersault.

Aquabatics

A swimming pool is a three dimensional, weightless area and therefore the possibilities are endless.

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We suggest that manoeuvre's are done on the vertical plane in water deeper than 1.8metres. If the water is shallower, we suggest that the tricks are performed on the horizontal plane, with the swimmer on their side.

Manoeuvre's to Practice

- Single Back Somersault, Straight, pike or tucked.
- Multiple Back Somersault, Straight, pike or tucked.
- Single Front Somersault, Straight, pike or tucked.
- Multiple Back Somersault, Straight, pike or tucked.
- Side Rocket, Left and Right.
- Inverted Rocket.

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STA Seascooter Level 1 Award Skills Check Sheet

Learning Outcomes	Assessment Standards
1. Show the correct use of Seascooter controls-stopping and starting.	Under guidance turn the Seascooter on. From standing, correctly position hands on triggers. Move forward in correct body position for 5m and come to a stop.
2. Perform a right and left turn.	Travel forward for 5m, steer right, maintain the course for 5m, steer left, maintain the course for 5m and stop.
3. Perform a complete and full circle.	Navigate a 5m diameter circle on or near the surface. Options: Place a floating mat in the centre of the circle, or: bricks on the circumference to mark the course.
4. Navigate a figure of ‘8’ course.	Steer a horizontal figure of ‘8’ on or near the surface, incorporating right and left hand turns with a cross over in the middle. Options: Place floating mats, sinking markers or submersible hoops to mark the course.
5. Participate in a Seascooter game.	Suggested activities: Individual and team races, time trials, slalom, search and recover or similar.(See page 21)

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STA Seascooter Level 2 Award Skills Check Sheet

Learning Outcomes	Assessment Standards
1. Show the correct use and control of a Seascooter.	Steer a figure of eight, on or near the surface to show left and right hand turns with ability to stop.
2. Perform a surface dive through a hoop.	Suggested minimum depth of 1.2m. Travel forward for 5m, submerge, clearly pass through hoop, ascend to the surface and continue forward for 2m.
3. Navigate a slalom course.	Minimum of 4 markers to layout slalom course with a minimum of 3m between markers, incorporating going through hoops & round markers.
4. Participate in an individual Seascooter game.	See Games/Races section for suggestions. (See page 21)
5. Participate in a Seascooter team game.	See Games/Races section for suggestions. (See page 21)

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STA Seascooter Level 3 Award Skills Check Sheet

Learning Outcomes	Assessment Standards
1. Show the correct use and control of a Seascooter.	Horizontal figure of eight to include two full submersions.
2. Perform a Barrel Roll.	While fully submerged travel forwards for 10m performing a corkscrew action through the water in a horizontal plane.
3. Perform a Front somersault.	Depending on the water depth this can be performed in a horizontal; or vertical plane. With the body in a pike or semi-pike position complete a 360 degree circle returning to the start position.
4. Perform a Back somersault.	Depending on the water depth this can be performed in a horizontal; or vertical plane. With the body in a backward arched position complete a 360 degree circle returning to the start position.
5. Perform a figure of '8'.	In a horizontal plane perform a piked half front somersault, turning into an arched full back somersault, followed by a piked half front somersault.
6. Perform a freestyle routine.	A continuous routine to be performed in a vertical or horizontal plane depending on water depth, for a minimum of 1min and to include at least 3 elements from skills within the syllabus.
7. Perform a synchronised routine with a partner.	With a partner perform a continuous routine in a vertical or horizontal plane depending on water depth, for a minimum of 2mins incorporating a minimum of 3 elements.

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Safety Training Awards

The Awarding Body of the STA

Physical Activity Readiness Questionnaire (PAR-Q)

SECTION 1 – Please complete this section for ALL NaRS and Manual Handling Courses including T/E courses.

	YES	NO	
1	☐	☐	Are you pregnant?
2	☐	☐	Within 15-20 minutes of contact with latex, for example blowing up of balloons, wearing of rubber gloves or using any other latex product, have you ever have suffered from: - Swelling of lips/face, Itching, Redness/blistering?

SECTION 2 – Please complete this section for ALL NaRS Pool and Manual Handling courses, including T/E courses.

- During your course you will be required to participate in a variety of practical sessions. All activities have been carefully risk assessed, and will be demonstrated by your Tutor before you are asked to perform them. However, there may still be the risk of Musculo-Skeletal Injuries from the lifting and moving of objects (and people for pool courses) and the physical activities in water. These activities will also place extra demands upon your cardiovascular (heart & lungs) system.
- In order for the tutor to train you safely and provide guidance pertinent to you personally he/she will need to know about any pre-existing condition which you may have.
- **Please read the questions carefully and answer each one honestly.**
- **If you knowingly give incorrect information the Tutor and STA can bear no responsibility for any resultant injury or pain.**

	YES	NO	
3	☐	☐	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
4	☐	☐	Do you feel pain in your chest when you do physical activity?
5	☐	☐	In the past month, have you had chest pain when you are not doing physical activity?
6	☐	☐	Do you lose your balance because of dizziness or do you ever lose consciousness?
7	☐	☐	Do you have a bone or joint problem that could be made worse by a change in your physical activity?
8	☐	☐	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
9	☐	☐	Do you know of any reason why you should not do physical activity?

If you answer YES to any of the questions 3 – 9, then you are required to obtain your Doctors written permission BEFORE attending a course.

Name: ……Date: ……

Signature: ……

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Physical Activity Readiness Questionnaire (PAR-Q) Tutors Guidelines

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of people for whom physical activity might be inappropriate and those who should have medical advice concerning the type of activity most suitable.

- The PAR-Q **SHOULD** be given to candidates **PRIOR** to them attending any course and returned to the Tutor/Teacher for review. If this is not possible it **MUST** be completed by the candidates **PRIOR** to them commencing any type of physical activity and reviewed by the Tutor/Teacher.

- Once completed, the form and any information disclosed on it, **MUST** be treated with confidence.

- If a candidate does not wish to complete the form, then it must be explained to him/her, that they will not be allowed to participate on the course. If you allow a candidate to participate on a course, then the STA will not be held liable in the event of any injury or accident. Your STA insurance will also be null and void.

- Candidates must be encouraged to answer all questions honestly.

- Candidates must be informed of the possible risks associated with their course and its activities i.e. Musculo-Skeletal Injuries from lifting and casualty handling, overexertion from aquatic activities etc…

Question 1

If the candidate answers **YES** to this question, she should be advised that if she feels any discomfort in any of the skills/techniques that she is performing then she is to stop them immediately and inform you. Similarly if she is asked to perform a skill/technique that she does not feel comfortable with then she should not perform it, and she must discuss it with you.

Question 2

If the candidate answers **YES** to this question, then he/she should be treated as if he/she has a latex allergy. In this case you **MUST** ensure that **ALL** equipment used is latex free i.e. gloves, manikins etc…

Questions 3-9

If the candidate answers **YES** to any of these questions, then he/she **MUST** consult with his/her Doctor and obtain **WRITTEN** permission to undertake the course. The "Physical Activity Readiness Questionnaire – Doctor's Letter", should be completed by the Tutor and given to the candidate to take to his/her Doctor for completion. On completion all information disclosed on the letter must be kept in the strictest of confidence. The letter must accompany the candidate's application form when returned to Anchor House.

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Physical Activity Readiness Questionnaire (PAR-Q) Doctor's Letter

Dear Sir/Madam,

_____ has applied to undertake the following course:
(Enter person's name)

☐ Pool Lifeguard ☐ Pool Attendant ☐ Poolside Helper ☐ Pool Safety Award
☐ Manual Handling ☐ Snorkelling Programme – (Please ✓ appropriate course)

Unfortunately he/she have answered **YES** to the following question on the Physical Activity Readiness Questionnaire (Please ✓ Question(s) answered YES to):

- ☐ Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- ☐ Do you feel pain in your chest when you do physical activity?
- ☐ In the past month, have you had chest pain when you are not doing physical activity?
- ☐ Do you lose your balance because of dizziness or do you ever lose consciousness?
- ☐ Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- ☐ Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- ☐ Do you know of any reason why you should not do physical activity?

It is the Association's policy that potential course candidates who answer yes to any of these questions consult with their Doctor and seek approval to undertake the course.

For Pool Courses
The candidate will be required to participate in a variety of classroom and aquatic based practical sessions. These will place demands upon his/her cardiovascular and muscular systems.

For Manual Handling Courses
The candidate will be required to participate in a variety of classroom based practical sessions involving the lifting and moving of objects. These will place demands upon his/her cardiovascular and muscular systems.

To Be Completed By The Doctor

The individual named above is able / not able (please delete as appropriate) to fully participate in the course that they have applied for.

Name: ……

Surgery: ……

Date: ……

Signature: ……

Doctor's Official Stamp

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Junior Physical Activity Readiness Questionnaire (J-PAR-Q)

- During the course students will be required to participate in a variety of practical sessions. All activities have been carefully risk assessed, and will be demonstrated by the Tutor before they are asked to perform them. However, there may still be the risk of Musculo-Skeletal Injuries from the physical activities in the water. These activities will also place extra demands upon their cardiovascular (heart & lungs) system.
- In order for the tutor to train you safely and provide guidance pertinent to the individual, they need to know about any pre-existing condition which you may have.
- Participants on snorkelling courses will be performing surface dives. Surface diving to depths greater than 1.5 metres, will place increased pressure on their ear drums.
- **Please read the questions carefully and answer each one honestly.**
- **If you knowingly give incorrect information the Tutor and STA can bear no responsibility for any resultant injury or pain.**

	YES	NO	
1	☐	☐	Within 15-20 minutes of contact with latex, for example blowing up of balloons, wearing of rubber gloves or using any other latex product, has he/she ever suffered from: - Swelling of lips/face, Itching, Redness/blistering?
2	☐	☐	Has his/her Doctor ever said that they have a heart condition and that they should only do physical activity recommended by a doctor?
3	☐	☐	Does he/she feel pain in their chest when he/she do physical activity?
4	☐	☐	In the past month, has he/she had chest pain when they are not doing physical activity?
5	☐	☐	Does he/she lose balance because of dizziness or does he/she ever lose consciousness?
6	☐	☐	Does he/she have a bone or joint problem that could be made worse by a change in their physical activity?
7	☐	☐	Is his/her Doctor currently prescribing him/her drugs for blood pressure or heart condition?
8	☐	☐	Do you know of any reason why the person should not do physical activity?

If you answer <u>YES</u> to any of the questions 2 – 8, then you are required to obtain your Doctors written permission <u>before</u> the student is able to attend a course.

<u>To Be Completed By Parent / Guardian</u>

Students Name: …….. ……..

Date of Birth**:** ……Age:……..……...

Parent/Guardians
Name:…….....……..

Signature: ..... Date: …….....

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Junior Physical Activity Readiness Questionnaire (J-PAR-Q) Tutors Guidelines

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of people for whom physical activity might be inappropriate and those who should have medical advice concerning the type of activity most suitable.

- The form **MUST** be completed by the student's parent/guardian. Once completed the form, and any information disclosed on it, **MUST** be treated with confidence.

- The PAR-Q **SHOULD** be given to students **PRIOR** to them attending any course and returned to the Tutor/Teacher for review. If this is not possible it **MUST** be completed by their parent/guardian **PRIOR** to them commencing any type of physical activity and reviewed by the Tutor/Teacher.

- If a student's parent/guardian does not wish to complete the form, then it must be explained to them, that the student will not be allowed to participate on the course. If you allow a student to participate on a course, then the STA will not be held liable in the event of any injury or accident. Your STA insurance will also be null and void.

- Parents/guardians must be encouraged to answer all questions honestly.

- Parents/guardians and students must be informed of the possible risks associated with their course and its activities i.e. Musculo-Skeletal Injuries from physical activities, surface diving, overexertion from aquatic activities etc…

Question 1

If the student answers **YES** to this question, then he/she should be treated as if they have a latex allergy. In this case you **MUST** ensure that **ALL** equipment used is latex free i.e. masks, fins, snorkels etc…

Questions 2-8

If the parent/guardian answers **YES** to any of these questions, then he/she **MUST** consult with his/her Doctor and obtain **WRITTEN** permission from them for the student to undertake the course. The Junior Physical Activity Readiness Questionnaire – Doctors Letter, should be completed by the Tutor and given to the parent/guardian to take to his/her Doctor for completion. On completion all information disclosed on the letter must be kept in the strictest of confidence. The letter must accompany the student's application form when returned to Anchor House.

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Junior Physical Activity Readiness Questionnaire (J- PAR-Q) Doctor's Letter

Dear Sir/Madam,

_____ has applied to undertake the following course:
(Enter persons name)

☐ Introduction to Snorkelling ☐ Snorkelling Award ☐ Advanced Snorkelling Award
(Please ✓ as appropriate)

Unfortunately his/her parent /guardian have answered **YES** to the following question on the Junior Physical Activity Readiness Questionnaire (Please ✓ Question(s) answered YES to):

☐ Has his/her Doctor ever said they have a heart condition and that they should only do physical activity recommended by a doctor?
☐ Does he/she feel pain in their chest when they do physical activity?
☐ In the past month, has he/she had chest pains when they are not doing physical activity?
☐ Does he/she lose their balance because of dizziness or do they ever lose consciousness?
☐ Does he/she have a bone or joint problem that could be made worse by a change in their physical activity?
☐ Is his/her Doctor currently prescribing drugs for his/her blood pressure or heart condition?
☐ Do you know of any reason why he/she should not do physical activity?

It is the Associations policy that potential course students who answer yes to any of these questions consult with their Doctor and seek their approval to undertake the course.

The student will be required to participate in a variety of classroom and aquatic based practical sessions, including submersions. These will place demands upon their Cardiovascular and Muscular Systems.

To Be Completed By Doctor

The individual named above is able / not able (please delete as appropriate) to fully participate in the course that they have applied for.

Name: ……

Surgery: ……

Date: ……

Signature: ……

Doctor's Official Stamp

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